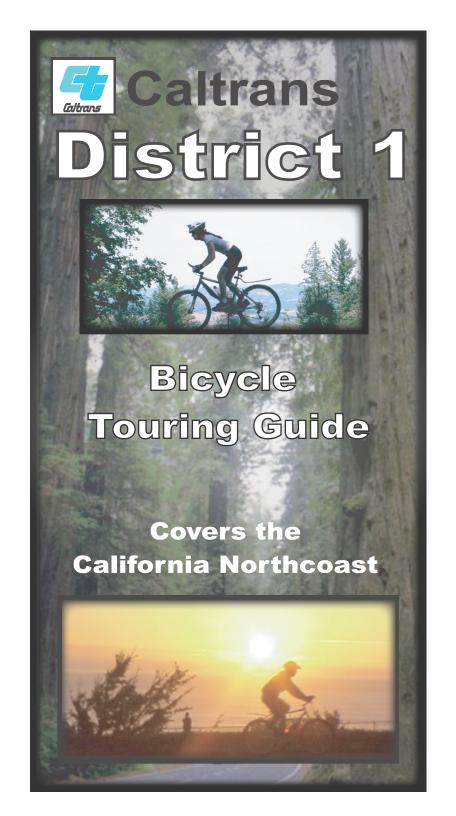
Caltrans District 1 P.O. Box 3700 Eureka, CA 95502





INTRODUCTION

This guide is intended to assist those bicycling within the Caltrans District 1 area of California. All highways in District 1 are open to bicycling.

Our District is abundant with beautiful scenery along the Pacific Coast, through large groves of Redwood Trees and aside scenic rivers. The Pacific Coast Bike Route begins on Route 101 at the California/Oregon border and follows Route 101 to the community of Leggett in Northern Mendocino County. This Route then follows Route 1 southeast of the Mendocino Coast, then down the Mendocino Coast.

Caution should be exercised when bicycling along all routes due to the numerous large trucks traveling on the highways. Many of the routes have narrow or no shoulders.

Try to carry the necessary and proper equipment for the type of trip you plan, since services may be far apart in some areas.

The State of California, the cities and counties over whose facilities you may travel are not responsible for your safety, and no representation is made or intended as to the safety or fitness of the routes where bicycle travel is allowed.

Enjoy your journey through our District and the spectacular Northcoast.



NOTES TITLE



TITLE	PAGE#
CALIFORNIA MAP	
(CALTRANS DISTRICT AREA BOUNDARIES)	1
CALTRANS DISTRICT 1 AREA MAP	
CALTRANS DISTRICTS 1-12 BICYCLE CONTACTS	
DISTRICT 1 AREA CHAMBER OF COMMERCE	
CALIFORNIA BIKE LAWS	
SAFETY ALWAYS MATTERS	
GETTING STARTED	
SAFE HAND SIGNALS	9
BIKE GUIDE INFORMATION	10
STATE PARKS AND ATTRACTIONS	11-13
U.S. FOREST SERVICE CAMPGROUNDS	14
ROUTE MAP PROFILE & LEGEND	15
DISTRICT 1 ROUTE MAP GUIDE	16
MAPS & PROFILES	
1 - MAP - ROUTE 1, GUALALA TO LITTLE RIVER	17-18
2 - MAP - ROUTE 1, LITTLE RIVER TO LEGGETT	
3 - MAP - ROUTE 101, PIERCY TO FERNBRIDGE	
4 - MAP - ROUTE 101, FERNBRIDGE TO ORICK	
5 - MAP - ROUTE 101, ORICK TO OREGON STATE LINE	
6 - MAP - ROUTE 199	
7 - MAP - ROUTE 101, MENDOCINO CO. LINE TO WILLITS	
8 - MAP - ROUTE 101, WILLITS TO PIERCY	
9 - MAP - ROUTE 128	
10 - MAP - ROUTES 29 & 53, NAPA/LAKE CO. LINE TO	
ROUTE 20	39-30
11 - MAP - ROUTE 29 AND ROUTE 20 FROM ROUTE 101	37-38
TO THE LAKE/COLUSA CO. LINE	
12 - MAP - ROUTE 36	39-40
13 - MAP - ROUTE 299	41-42
14 - MAP - ROUTE 96	43-44
15 - MAP - ROUTE 20, FORT BRAGG TO WILLITS	45-46



▼ ELEVATION IN FEET ▼

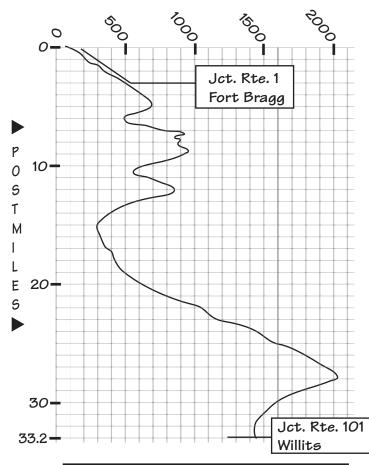
The shaded area on this map represents Caltrans District 1. District 1 covers all of Humboldt, Del Norte, Mendocino and Lake Counties.



For more information on bicycling in other Caltrans districts, please see page 3.



"Caltrans Improves Mobility Across California"



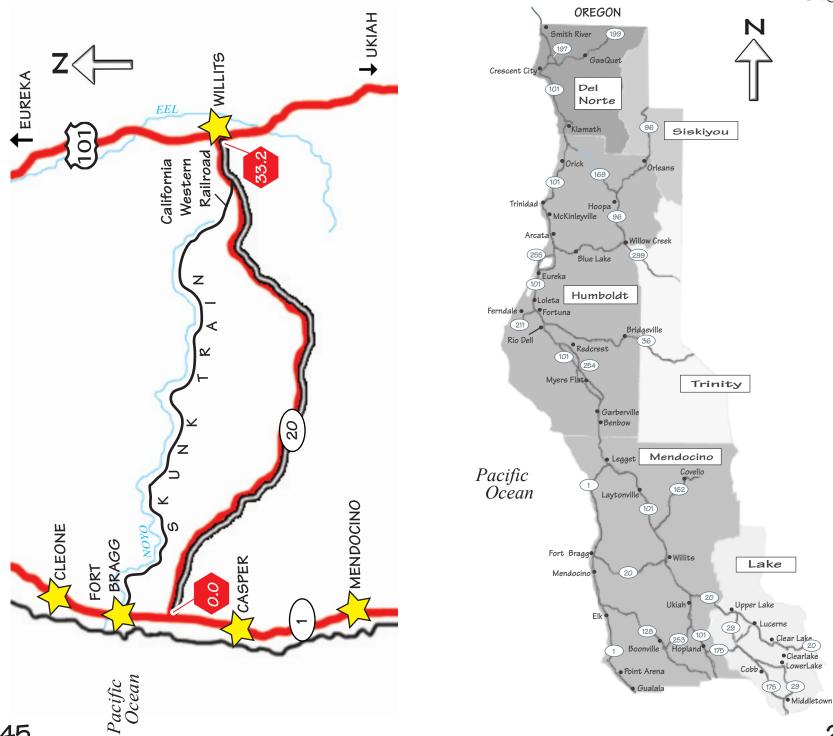
TOWN	CAFE	STORE	MOTEL/ INN	BIKE SHOP	CAMP GROUND
Fort Bragg	Χ	Χ	Χ	Χ	Χ
Willits	Χ	Χ	Χ	Χ	Χ

THIS ROUTE MAP BEGINS IN FORT BRAGG, POSTMILE 0.0 AND TRAVELS EAST TO WILLITS, POSTMILE 33.2.

Route 20 from Fort Bragg to Willits is 2-lane with 0' to 2' paved shoulders. Traffic volumes are light to moderate. Temperatures are 50 - 65 degrees on the coast and reach 80 - 100 degrees approximately 10 miles inland to Willits. Winds are generally from the south.

NOTES







District 1 Robert Syverson System & Community Planning 1656 Union St. Eureka, CA 95501 (707) 445-6264

District 2
Tamy Quigley
System Planning
1657 Riverside Dr.
Redding, CA 96001
(530) 229-3478

District 3
Rick Helman
Regional & Transit Planning
703 B St.
Marysville, CA 95901
(530) 634-7612

District 4
Julian Carroll
Transportation Planning
111 Grand Ave.
Oakland, CA 94612
(510) 286-5598

District 5
David Murray
Regional Planning
50 Higuera St.
San Luis Obispo, CA 93401
(805) 549-3168

District 6 John Cinatl Transportation Planning 1352 W. Olive St., 2nd Floor Fresno, CA 93778 (559) 444-2500 District 7
Melanie Bradford
System Planning
700 North Alameda St.
Los Angeles, CA 90012
(213) 897-9446

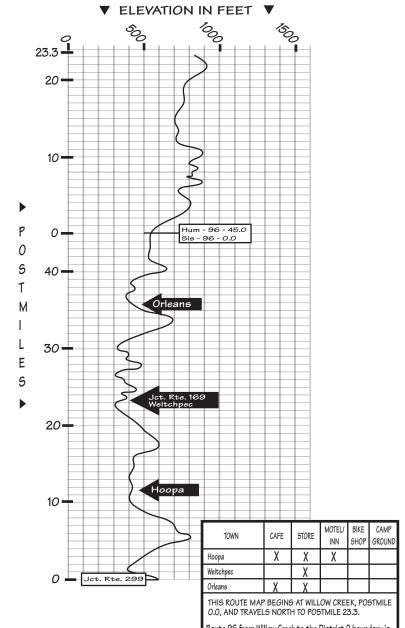
District 8 Linda Grimes Forecasting/Traffic Analysis 464 West Fourth St. San Bernardino, CA 92401 (909) 383-6327

District 9
Forrest Becket
Transportation Planning
500 S. Main St.
Bishop, CA 93514
(760) 872-0764

District 10 Tom Dumas Intermodal Planning 1976 E. Charter Way Stockton, CA 95205 (209) 941-1921

District 11
Daniel Gallagher
Public Transportation Branch
2829 Juan St.
San Diego, CA 92110
(619) 688-2597

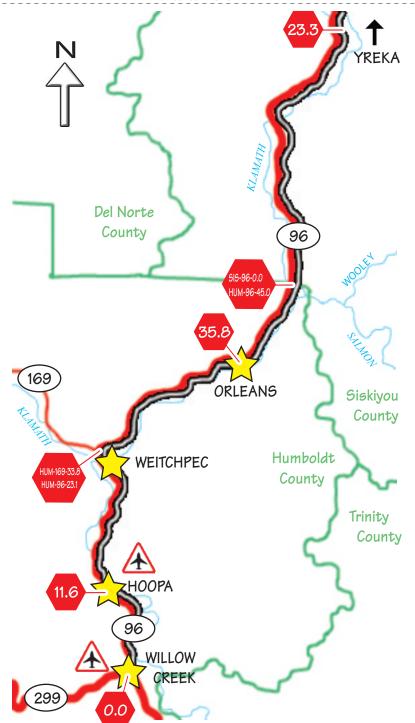
District 12
Bob Joseph
Transportation Planning
3337 Michelson Dr., Suite 380
Irvine, CA 92612
(949) 724-2255



Route 96 from Willow Creek to the District 2 boundary is 2-lane with 0'-2' paved shoulders. Generally light traffic volumes exist. Temperatures during the summer are 80-100 degrees, with the prevailing wind from the north between Willow Creek and Weithpec, and from the south between Weithpec and the District 2 boundary.

CHAMBERS OF COMMERCE &





For more information on individual towns or areas in this quide, contact the nearest Chamber of Commerce.

DEL NORTE COUNTY

Crescent City 1001 Front Street Crescent City, CA 95531 (707) 464-3174

Klamath 1661 W. Klamath Beach Road Klamath, CA 95548 (707) 482-7165

HUMBOLDT COUNTY

Arcata 1635 Heindon Road Arcata, CA 95521 (707) 822-3619

Ferndale 5640 Riverside Road Ferndale, CA 98248 (707) 786-4477

Garberville/Redway 773 Redwood Drive, Suite E Garberville, CA 95542 (707) 923-2613

Orick P.O. Box 356 Orick, CA 95555 (707) 488-2885

Trinidad P.O. Box 356 Trinidad, CA 95570 (707) 677-1610

Eureka 2112 Broadway Eureka, CA 95501 (707) 442-3738

Fortuna 735 14th Street Fortuna, CA 95540 (707) 725-3959

McKinleyville P.O. Box 2144 McKinleyville, CA 95519 (707) 839-2449

Rio Dell/Scotia 715 Wildwood Avenue Rio Dell, CA 95562 (707) 764-3436

Willow Creek P.O. Box 704 Willow Creek, CA 95573 (530) 629-2693

LAKE COUNTY

Clearlake 4700 Golf Avenue Clearlake, CA 95422 (707) 994-3600

Lakeport 290 S. Main Street Lakeport, CA 95453 (707) 263-5092

MENDOCINO COUNTY

Fort Braga P.O. Box 1141 Fort Bragg, CA 95437-1141 (707) 961-6300

Willits 239 S. Main Street WIlits, CA 95490 (707) 459-7910

Ukiah 200 South School Road Ukiah, CA 95482 (707) 462-4705



This is a summary of bicycle provisions of the California Vehicle Code. Readers should check the Vehicle Codes for more detailed information and actual wording.

21200 Every person riding a bicycle upon a highway has all rights and is subject to all the provisions applicable to the driver of a vehicle.

It is unlawful for any person to ride a bicycle upon a highway while under the influence of an alcoholic beverage or any drug.

21201 Bicycles must be equipped with a brake able to make one braked wheel skid on dry, level pavement.

Handlebars must not be higher than the rider's shoulders.

The bicycle must be small enough for the rider to stop, support it with a foot on the ground, and restart safely.

Every bicycle operated at night must have the following equipment:

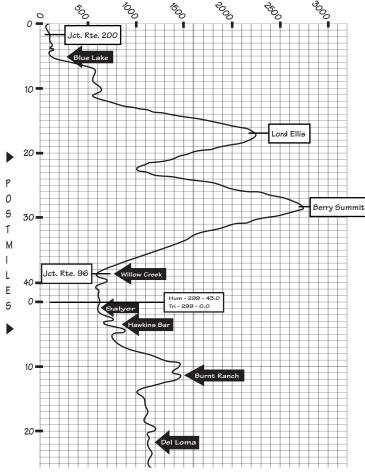
- A lamp emitting white light and visible for 300 feet to the front and sides of the bicycle. May be attached to the bicycle or the rider.
- A red rear reflector, which shall be visible from a distance of 500 feet to the rear.
- White or yellow reflector on each pedal visible from the front and rear of the bicycle from a distance of 200 feet.
- A white or yellow side reflector on the front portion of the bicycle and a white or red reflector on the rear portion of the bicycle or reflectorized tires.

Bicycles traveling less than the normal speed of traffic must ride as close to the right as practicable, except in the following situations:

- When passing another bicycle or vehicle.
- When preparing for a left turn.
- To avoid hazards that make it unsafe to stay to the right.
- When approaching a place where a right turn is authorized.

On one-way streets, bicyclists may ride as near the left as practicable.

▼ ELEVATION IN FEET ▼



TOWN	CAFE	STORE	MOTEL/ INN	BIKE SHOP	CAMP GROUND
Blue Lake	Х	Х			
Willow Creek	Х	Х	Х		Х
Salyer		X			
Hawkins Bar	Х	X			
Burnt Ranch		X			X
Del Loma	X		X		

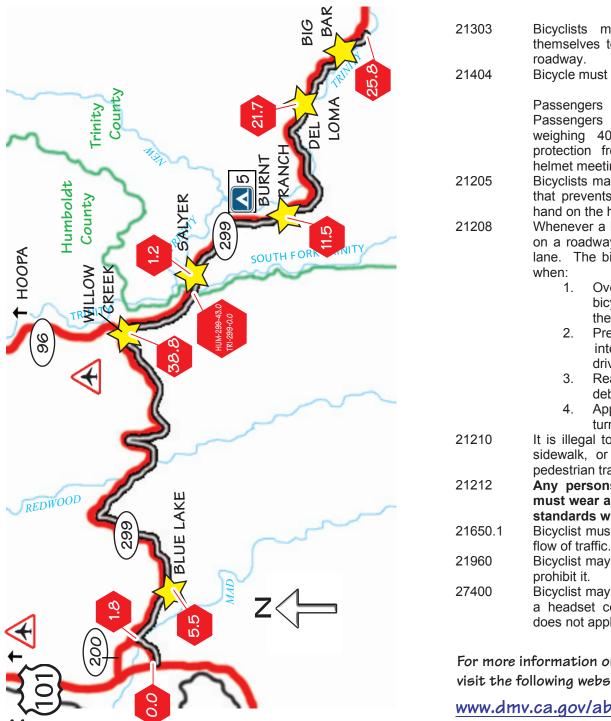
THIS ROUTE MAP BEGINS AT THE INTERSECTION OF ROUTE 101 AND ROUTE 299, POSTMILE 0.0, AND TRAVELS EAST NEAR BIG BAR, POSTMILE 25.8.

Route 299 from the junction of Route 101 to Del Loma is generally 2-lane with O' - O' paved shoulders. The first 5 miles are 4-lane with O' paved shoulders. This route has long, steep grades. Traffic is moderate. Temperatures are O' 100 degrees during the summer, with winds variable. The mid to latter portion of this route runs along the Trinity river which provides great swimming holes and rest stops.

21202

21200.5





Bicyclists may not attach the bicycle or themselves to any streetcar or vehicle on the

Bicycle must have a permanent seat.

Passengers must have a separate seat. Passengers 4 years old and younger, or weighing 40 pounds or less, must have protection from moving parts, and wear a helmet meeting ANSI or SNELL standards.

Bicyclists may not carry any package or article that prevents them from keeping at least one hand on the handlebars.

Whenever a bicycle lane has been established on a roadway, a bicyclist shall ride within that lane. The bicyclist may move out of the lane

- 1. Overtaking and passing another bicycle, vehicle or pedestrian within the lane.
- Preparing for a left turn at an intersection or private road or driveway.
- Reasonably necessary to avoid debris or other hazardous conditions.
- 4. Approaching a place where a right turn is authorized.

It is illegal to leave a bicycle on its side on a sidewalk, or park it in any way that blocks pedestrian traffic.

Any persons 17 years of age or younger must wear a helmet meeting ANSI or SNELL standards when operating a bicycle.

Bicyclist must ride in the same direction as the flow of traffic.

Bicyclist may not ride on freeways where signs

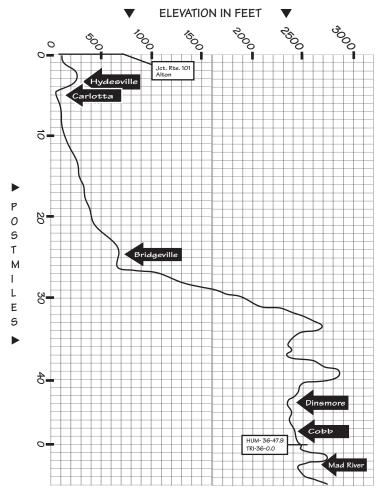
Bicyclist may not wear earplugs in both ears or a headset covering both ears. This section does not apply to hearing aids.

For more information on California's Bike Laws, please visit the following website:

www.dmv.ca.gov/about/bicycle.htm

The keys to safe bicycling include being predictable and visible and communicating your intentions to motorists. Here are some helpful hints and specific safety rules to follow:

- Wear a HELMET. It is the LAW for persons
 17 years of age or younger.
- Ride with the flow of traffic.
- Ride in a straight line and in single file.
- STOP at stop signs and red lights.
- Use a light, reflectors, and reflectorized clothing during darkness or heavy fog.
- Wear bright clothing during daytime.
- Use extra caution when it is raining and allow extra time to stop.
- Keep a safe distance from parked cars whenever possible.
- Use proper hand signals when turning, stopping or changing lanes (see "Using Hand Signals" on pg 9).
- Cross railroad tracks at a right angle.
- Walk your bike when using crosswalks.
- Do not wear headphones on both ears while riding.
- Keep your bike properly maintained so it is in good riding condition.
- Do not drink alcohol and ride.



TOWN	CAFE	STORE	MOTEL/ INN	BIKE SHOP	CAMP GROUND
Alton					
Hydesville		X			
Carlotta		X			
Bridgeville					
Dinsmore		Х			
Соьь	Х				
Mad River		Х	Х		

THIS ROUTE MAP BEGINS AT ALTON, POSTMILE 0.0, AND TRAVELS EAST TO THE TRINITY COUNTY LINE, POSTMILE 47.9.

Route 36 from Alton to the District 2 boundary, is a very narrow -2-lane highway, generally with no paved shoulders and long, steep grades. Traffic is usually light, but can vary with a majority of it being large trucks and travel trailers. Temperatures are 70 - 90 degrees during the summer, with winds prevailing from the west.







Check Your Bike

(Inexperienced cyclists may want to have these services performed by a bike shop)

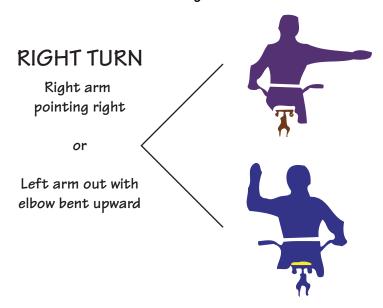
- ✓ Check the fit of your bike. A proper fit is essential for a safe, efficient and enjoyable ride. A rough guideline for frame size is your inseam minus 10. If you're not sure, ask a local bike shop.
- ✓ Adjust the seat to the proper height. When your foot is at the bottom of the pedal stroke, your leg should be slightly bent.
- ✓ Be sure handlebars are secure.
- √ Keep pedals lubricated so they spin freely.
- ✓ Keep wheels lubricated and trued to spin freely without wobbling.
- ✓ Keep the chain lubricated and replace if worn.
- ✓ Check brakes for wear; replace rubber brake pads if worn.
- ✓ Check reflectors on pedals, wheels and frame. Clean or replace to maximize visibility.
- ✓ Check lights. Are batteries charged? Does generator work?
- √ Tighten fenders and carrier racks.
- ✓ Check all gears for broken or worn teeth.

...DON'T FORGET...

- > Your route map, and this guide
- Bike repair kit
- First Aid kit
- > Sunblock...even in the fog!
- > Beverage and snack
- Camera



All required signals given by hand and arm shall be given in the following manner:



LEFT TURN

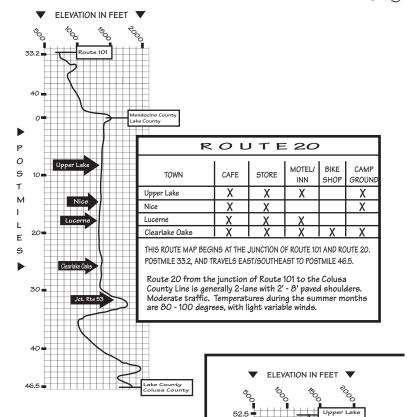
Left arm straight out pointing left



SUDDEN DECREASE IN SPEED

Hand and arm extended downward beyond the side of the bicycle

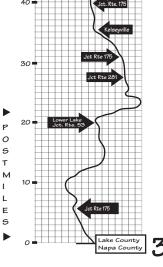




R	ROUTE29									
TOWN	CAFE	STORE	MOTEL/ INN	BIKE SHOP	CAMP GROUND					
Upper Lake	Χ	χ	Χ		Χ					
Lakeport	χ	χ	χ	Χ						
Kelseyville	χ	χ	Χ							
Lower Lake	χ	Χ								

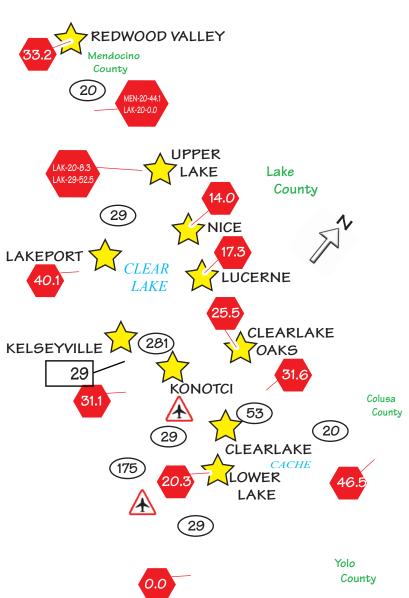
THIS ROUTE MAP BEGINS AT THE INTERSECTION OF ROUTE 20 AND ROUTE 29, POSTMILE 52.5, AND TRAYELS SOUTHEAST TO THE LAKE AND NAPA COUNTY LINES, POSTMILE 0.0

Route 29, Lower Lake to Upper Lake, is generally 2-lane with 2'-4' shoulders. An 8-mile portion beginning at PM 40.1 consists of 4-lane with 10' paved shoulders. Temperatures during summer months are 80 - 100 degrees, with light variable winds.



BIKE GUIDE INFORMATION





Postmiles on Rte. 20 increase from Rte. 101 to Colusa Co. Line & on Rte. 29 increase from Lower Lake to Upper Lake.





CAMPGROUND



REST AREA



AIRPORT

State Parks, Campground and other scenic stops along your route may be found on pages 11-14. For more information on the area in which you will be traveling, please contact the local Chamber of Commerce, located on page 4.

Post Mile Markers



Post mile markers are white metal plates found at various locations along State Highways. Post miles start at 0.0 at county lines or beginning of routes and increase in and easterly directions.

Use these to determine mileage to your various destinations.

PEDESTRIANS BICYCLES MOTOR-DRIVEN CYCLES PROHIBITED

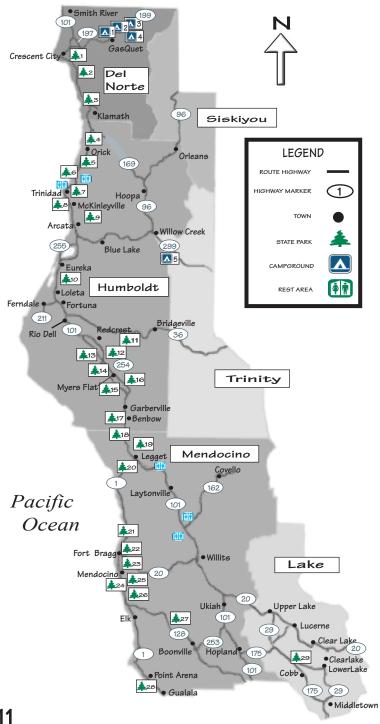
This sign posted at all points where bicycle traffic is prohibited on freeways. All highways in District 1 open to bicycles.

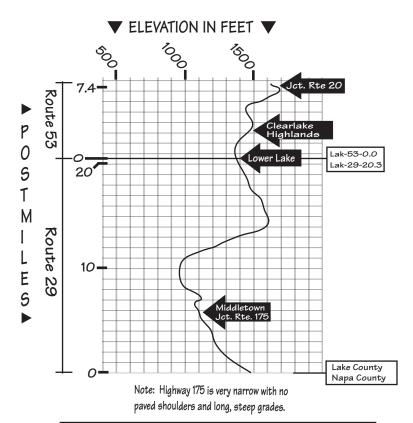
FOR COPIES OF THIS GUIDE, CONTACT:

CALTRANS DISTRICT 1 ROBERT SYVERSON (707)445-6264

37







TOWN	CAFE	STORE	MOTEL/ INN	BIKE SHOP	CAMP GROUND
Middletown	Χ	Х	Χ		
Lower Lake	Χ	Χ			
Clearlake	Χ	Χ	Χ		

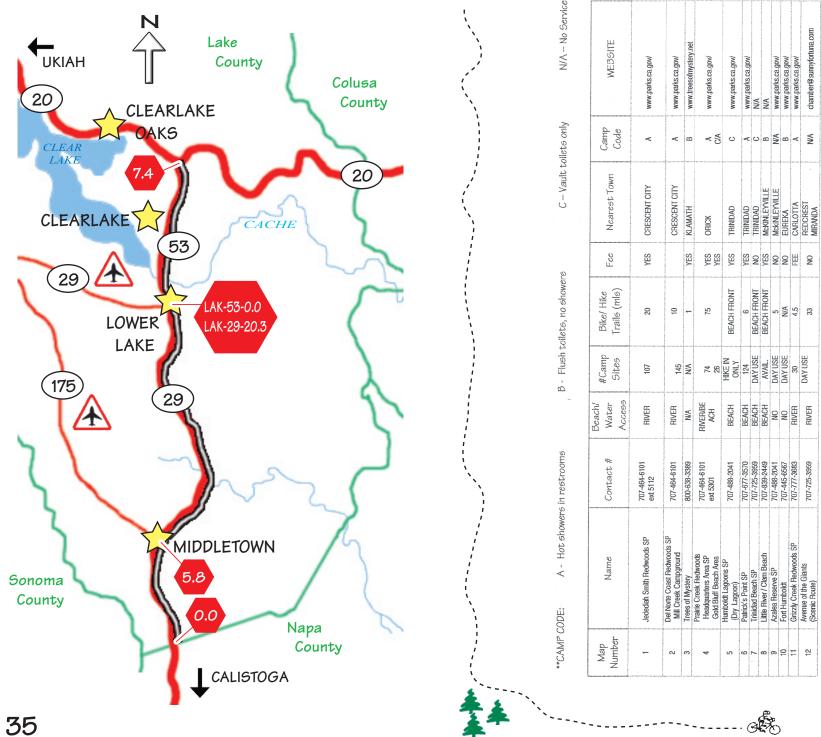
THIS ROUTE MAP BEGINS ON ROUTE 53, POSTMILE 7.4, AND TRAVELS SOUTH TO ROUTE 29, POSTMILE O.O.

Route 29, Napa County Line to Lower Lake and Lower Lake to Jct. Rte. 20 on Route 53, is 2-lane with 4' - 8' shoulders and moderate traffic. Temperatures during the summer months are normally 85 - 100 degrees, with winds light and variable.

NOTES

STATE PARKS AND ATTRACTIONS &



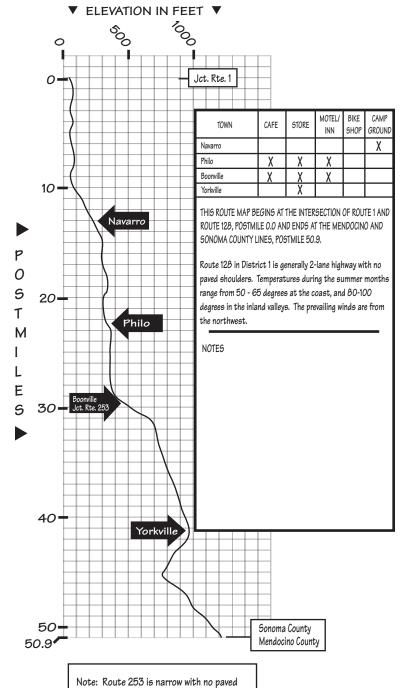


STATE PARKS AND ATTRACTIONS

MAP 9 INFORMATION



	#Camp Sites Sites CAL FOR INFO ON EACH UNIT	Bike/ Hike [rails (mls)] C 100 1 HIVER FRONT	Fee CALL FOR INFO ON EACH UNIT	Nearest Town MISC. GARBERVILLE GARBERVILLE	Camp Code CALL FOR INFO ON EACH UNIT	WEBSITE www.parks.ca.gov/ www.parks.ca.gov/ www.parks.ca.gov/
707-247-3318	DAY USE 162	1 7	YES	GARBERVILLE	В	www.parks.ca.gov/
a Denot (707) 964-6371 Will	140 140 9-5246 (Call for info)	BEACH FRONT	YES	FORT BRAGG	A	www.parks.ca.gov/ www.parks.ca.gov/ www.ekinichein.com
37-	30	MISC. W/3 MILES OF PAVED TRAIL	YES	MENDOCINO	A	www.parks.ca.gov/
707-937-5804	BEACH DAY USE BEACH CLI	BEACH FRONT & CLIFFS	NO	MENDOCINO	WA	www.parks.ca.gov/
707-937-5804	BEACH 74	10	YES	LITTLE RIVER	A	www.parks.ca.gov/
707-895-3141	RIVER 23 SOMET	SOME TO RIVER	YES	NAVARRO	O	www.parks.ca.gov/
707-895-3141			YES	PHILO	A	www.parks.ca.gov/
707-882-2375	95	7.				
2004 070 707	92	2 BEACH FRONT	YES	MANCHESTER	A	www.manchesterbeachkoa.com/



shoulders and long steep grades. It is 17.2

miles in length

FOREST SERVICE CAMPGROUNDS





A - Hot showers in restrooms B - Flush toilets, no showers C - Yault toilets only

MAP#	CAMPGROUND	CONTACT #	CAMP CODE	UNITS	FEE	TRAILS
1	Panther Flat	(707) 457-3131	Α	39	YES	RIVER ACCESS NATURE TRAILS
2	Grassy Flat	(707) 457-3131	С	15	YES	NATURE TRAILS
3 4	Big Flat Patrick Creek	(707) 457-3131 (707) 457-3131	C B	28 13	YES YES	NATURE TRAILS RIVER ACCESS
5	Gray's Falls	(530) 629-2693	В	33	YES	NATURE TRAILS RIVER ACCESS

STOPS ALONG THE WAY

DEL NORTE COUNTY:

Light House Museum Crescent City Redwood National Park Headquarters Crescent City Battery Point Lighthouse Crescent City

HUMBOLDT COUNTY:

Elk Herd North of Orick Lady Bird Johnson Grove North of Orick Trinidad Lighthouse & Trinidad Head Trinidad Trinidad Museum Trinidad State Fish Hatchery Hwy 299 Near Blue Lake Blue Lake Blue Lake Museum Arcata Plaza Arcata Arcata Marsh and Wildlife Sanctuary Arcata Historical Sites Society of Arcata (Museum) Arcata H.S.U. Natural History Museum Arcata Natural History Museum Arcata Redwood Park Arcata Sequoia Park & Zoo Eureka Clarke Memorial Museum Eureka Historic Eureka Old Town Eureka Carson Mansion Eureka Woodley Island Marina Eureka Victorian Village, State Landmark 883 Ferndale Humboldt County Fairgrounds Ferndale Kinetic Sculpture Race Museum Ferndale Humboldt Redwoods State Park HeadquartersWeott Shrine Drive Thru Tree Myers Flat Rockefeller Forest South Fork

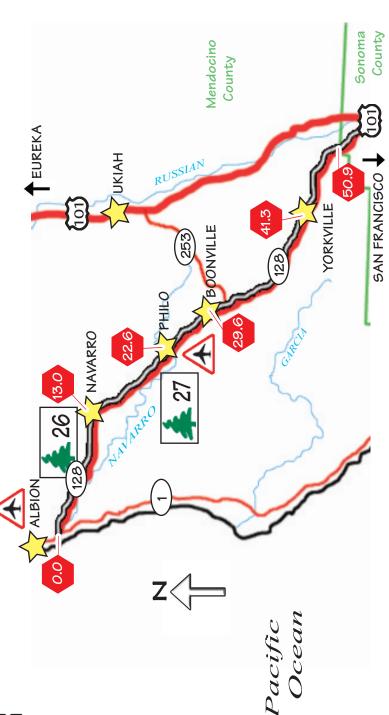
LAKE COUNTY:

Lake County Museum Lakeport Konocti Resort Near Kelseyville

MENDOCINO COUNTY:

Georgia Pacific Museum Fort Bragg Botanical Gardens South of Fort Bragg Noyo Harbor Fort Bragg Kelley House Museum (Mendocino Headlands State Park) Mendocino

Drive-Thru Tree Leggett Mendocino County Museum Willits The Sun House Ukiah



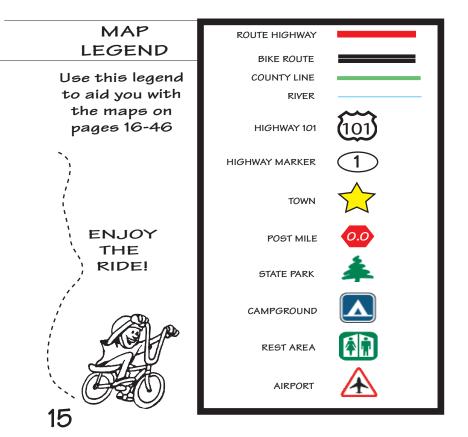


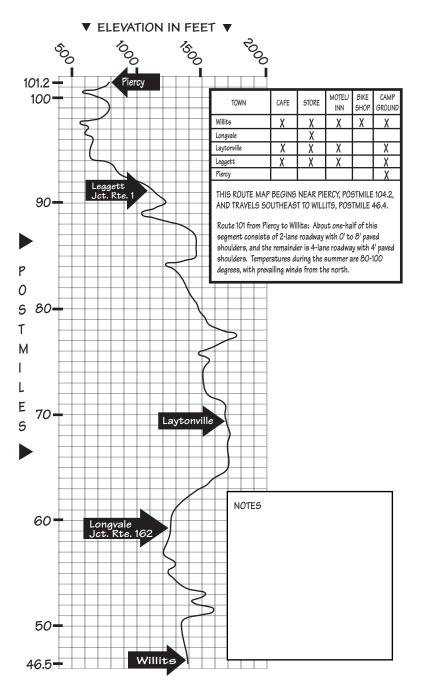
The remainder of this guide is filled with maps and bike route information including but not limited to:

Route elevation and mileage Towns Rest stops State parks Campgrounds Attractions Rivers, lakes & waterways

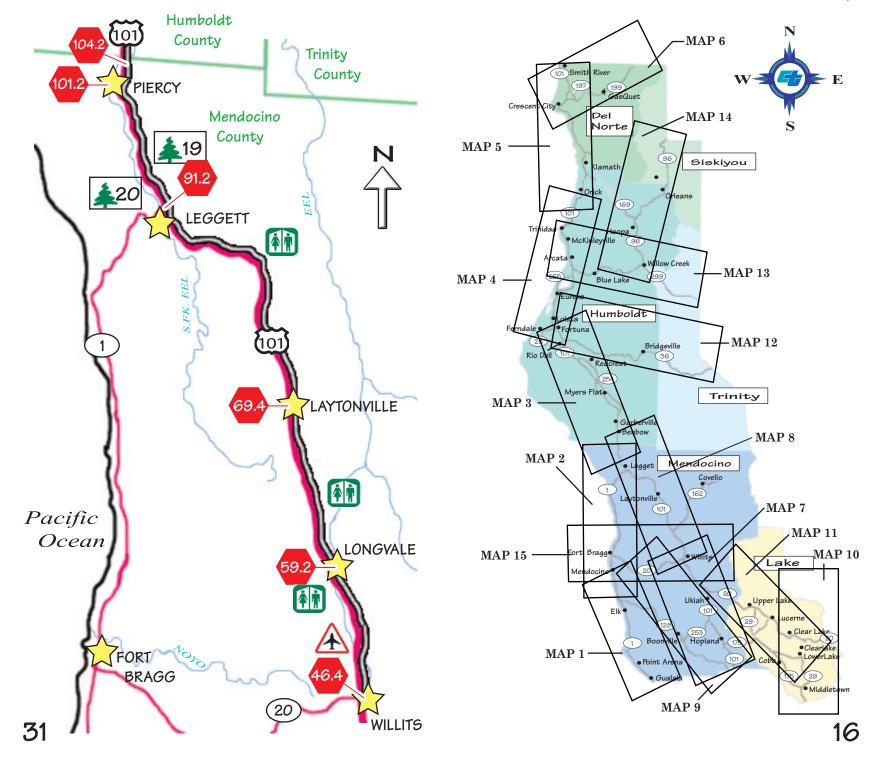
The District 1 Map Guide on page 16 represents each map section in relation to the area of the District.

For information on campsites and State Parks, please refer to pages 11-14.

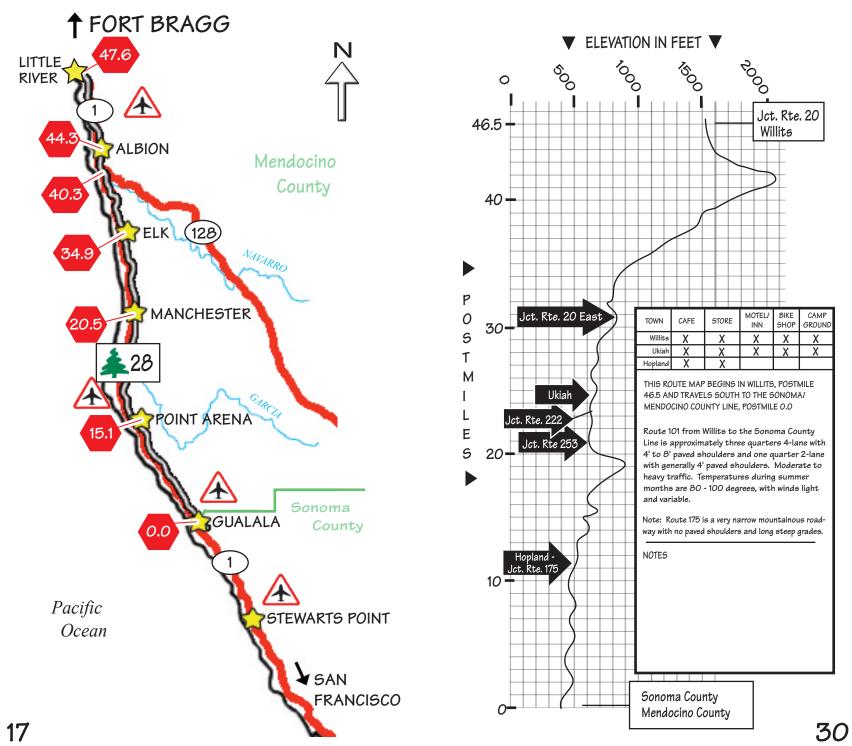




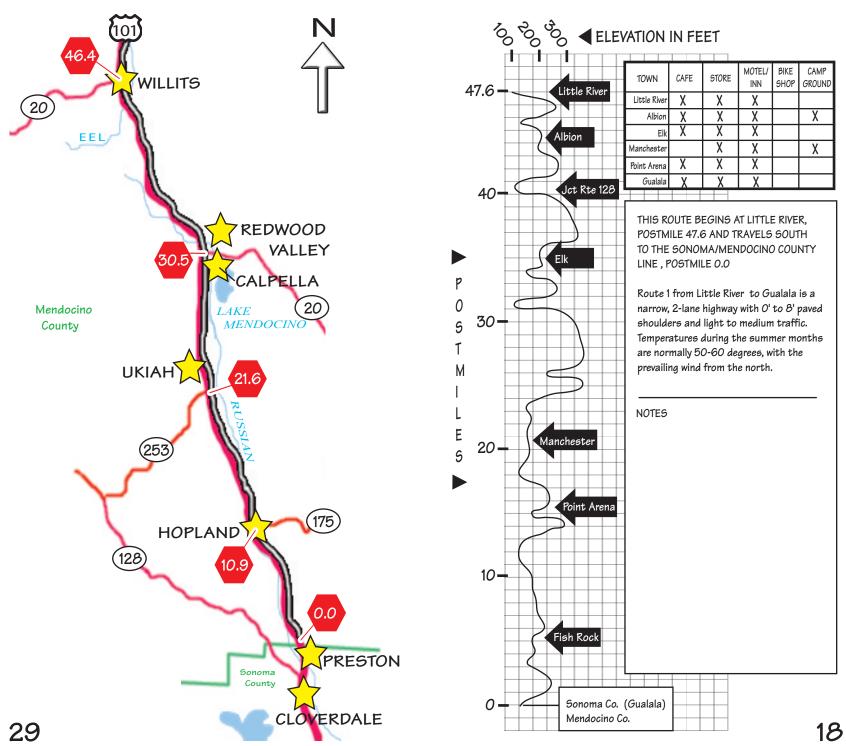




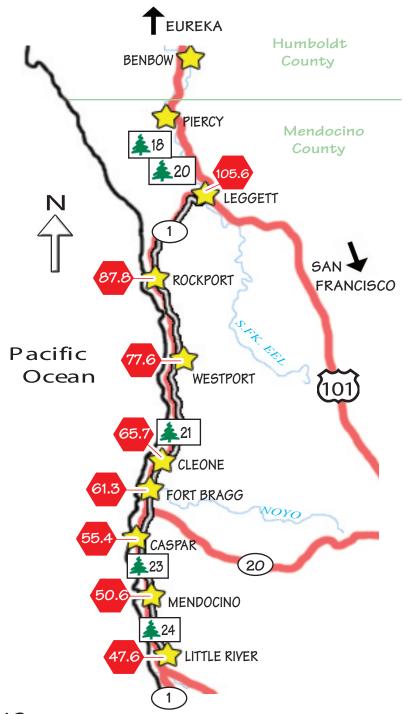


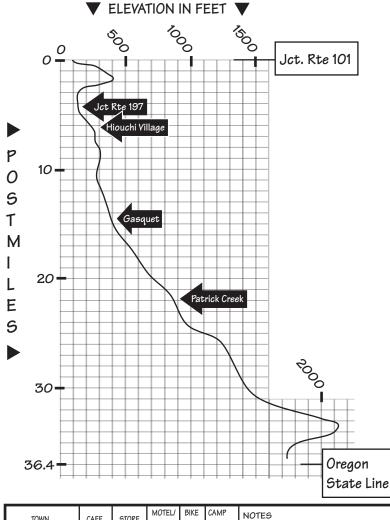












TOWN	CAFE	STORE	MOTEL/ INN	CAMP GROUND	١
Gasquet	Х	Х	Х		
Patrick Creek	Χ		Χ	Х	
Elk Valley	X				

THIS ROUTE MAP BEGINS AT THE INTERSECTION OF HIGHWAY 101 AND HIGHWAY 299 AT POSTMILE 0.0 AND TRAVELS EAST/NORTHEAST TO THE OREGON BORDER, POSTMILE 36.4.

Route 199 from its junction with Route 101 to the Oregon State Line is generally 2-lane with 0' to δ' shoulders and moderate traffic. A portion of this route runs along the beautiful Smith River, with great places for resting, or swimming! The prevailing wind is from the west, with temperatures during the summer months normally being 70-85 degrees.

Route 197 is very narrow with no paved shoulders except for the first 3 miles north of Route 199, which is 2-lane with 4' paved shoulders. Temperatures during the summer months normally being 70 - 85 degrees.



BIKE

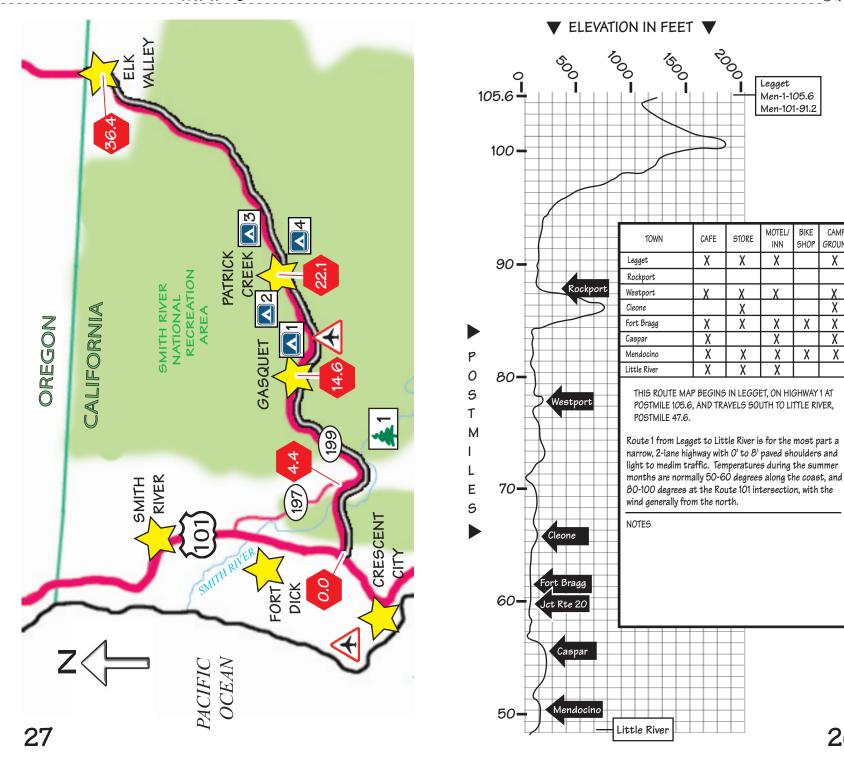
SHOP

Χ

GROUND

20

INN





BIKE

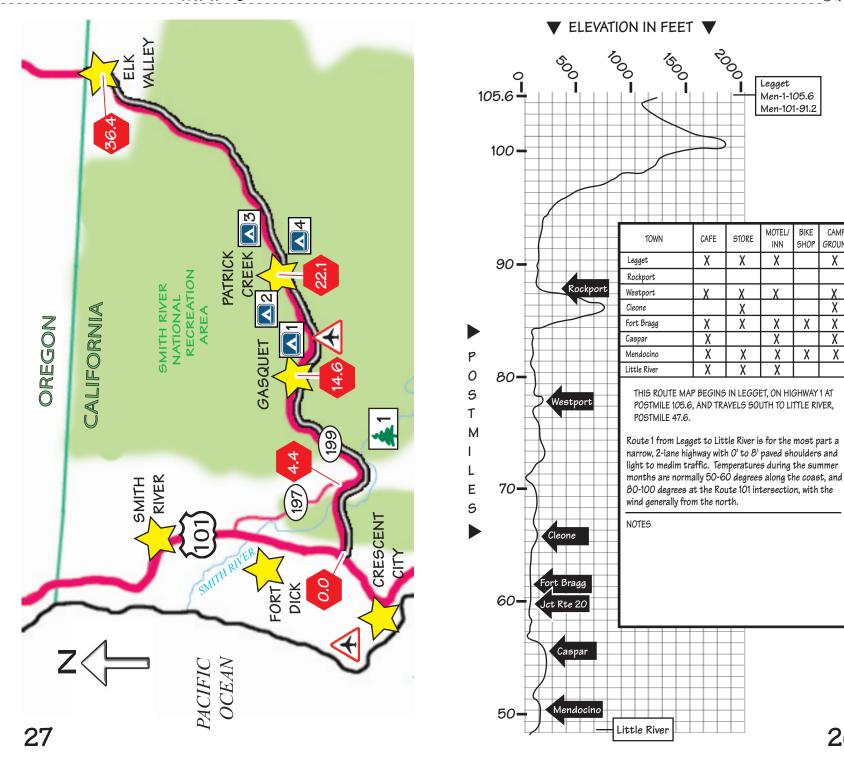
SHOP

Χ

GROUND

20

INN





Oregon/

BIKE SHOP

GROUND

26

California State Line

